

Bean Soup

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock		2 1/4 gal		4 1/2 gal	1. Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley flakes, and ham (optional). Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.)
*Cooked dry navy beans (see Special Tip)	10 lb 2 oz	1 gal 2 1/2 qt	20 lb 4 oz	3 1/4 gal	
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 3/4 cup	
*Celery, chopped	6 1/2 oz	1 1/2 cups	13 oz	3 cups	
*Carrots, chopped	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups	
Black or white pepper		1 tsp		2 tsp	
Parsley flakes		1/4 cup		1/2 cup	
Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 1/4 cups	2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP Heat to 165 degrees F or higher for at least 15 seconds.
All-purpose flour	4 1/2 oz	1 cup	9 oz	2 cups	3. Combine flour and water. Mix until smooth.
Water		1 cup		2 cups	4. Add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.
					5. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with 8 oz ladle (1 cup).

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Dry navy beans	4 lb 5 oz	8 lb 10 oz
Mature onions	1 lb	2 lb
Celery	8 oz	1 lb
Carrots	9 1/2 oz	1 lb 3 oz

Bean Soup

Meat Alternate-Vegetable

Soups

H-01

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1/2 cup of cooked dry beans and 1/8 cup of vegetable	50 Servings: about 3 1/4 gal	50 Servings:
	100 Servings: about 6 1/2 gal	100 Servings:

Special Tips:
SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 qt of water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F or lower within an additional 4 hours.

1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Nutrients Per Serving			
Calories	143	Saturated Fat	Iron 2.8mg
Protein	9g	Cholesterol 0mg	Calcium 65mg
Carbohydrate	25g	Vitamin A 116 RE/1128 IU	Sodium 1,082mg
Total Fat	1g	Vitamin C 2.7mg	Dietary Fiber
Thiamin	.15mg	Riboflavin .10mg	Niacin 1.07mg
Phosphorus	156mg	Potassium 482mg	

Bean Soup

Meat Alternate-Vegetable	Soups	H-01
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Chicken or Turkey Noodle Soup

Meat-Bread Alternate

Soups

H-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock		3 gal		6 gal	1. Combine stock, celery, carrots (optional), onions, parsley flakes (optional), pepper, and poultry seasoning.
*Celery, chopped	1 lb 8 oz	1 qt 1 3/4 cups	3 lb	2 qt 3 1/2 cups	
*Carrots, chopped (optional)	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 3/4 cup	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 3/4 cup	
Parsley flakes (optional)		1/4 cup		1/2 cup	
Black or white pepper		1 tsp		2 tsp	
Poultry seasoning		1 tsp		2 tsp	
Noodles	1 lb 4 oz	3 3/4 qt	2 lb 8 oz	1 gal 3 1/2 qt	2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. 3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. CCP Heat to 165 degrees F or higher for at least 15 seconds.
*Cooked chicken or turkey, chopped	1 lb 9 1/2 oz	1 1/4 qt	3 lb 3 oz	2 1/2 qt	4. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher. 5. Portion with 8 oz ladle (1 cup).

Comments:

*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	1 lb 13 oz	3 lb 10 oz
Carrots	1 lb 1 1/2 oz	2 lb 2 1/2 oz
Mature onions	1 lb	2 lb
Chicken, whole, without neck and giblets	4 lb 7 oz	8 lb 14 oz
Turkey, whole, without neck or giblets	3 lb 7 oz	6 lb 14 oz

Chicken or Turkey Noodle Soup

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1/2 oz of cooked poultry and 1/2 serving of bread alternate	50 Servings: about 3 1/4 gal 100 Servings: about 6 1/2 gal	50 Servings: 100 Servings:

Nutrients Per Serving					
Calories	92	Saturated Fat		Iron	.6mg
Protein	7g	Cholesterol	22mg	Calcium	27mg
Carbohydrate	10g	Vitamin A	5 RE/67 IU	Sodium	1,447mg
Total Fat	2g	Vitamin C	1.2mg	Dietary Fiber	
Thiamin	.05mg	Riboflavin	.07mg	Niacin	1.48mg
Phosphorus	59mg	Potassium	119mg		

Chicken or Turkey Rice Soup

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock		3 gal		6 gal	1. Combine stock, celery, carrots (optional), onions, parsley flakes (optional), pepper, and poultry seasoning.
*Celery, chopped	1 lb 8 oz	1 qt 1 3/4 cups	3 lb	2 qt 3 1/2 cups	
*Carrots, chopped (optional)	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 3/4 cup	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 3/4 cup	
Parsley flakes (optional)		1/4 cup		1/2 cup	
Black or white pepper		1 tsp		2 tsp	
Poultry seasoning		1 tsp		2 tsp	
Rice	1 lb 6 1/2 oz	3 1/4 cups	2 lb 13 oz	1 qt 2 1/2 cups	2. Bring to boil. Reduce heat and cover. Simmer for 10 minutes. 3. Add rice and chicken or turkey. Return to simmer. Cover. Simmer for 20 minutes or until rice is tender. CCP Heat to 165 degrees F or higher for at least 15 seconds.
*Cooked chicken or turkey, chopped	1 lb 9 1/2 oz	1 1/4 qt	3 lb 3 oz	2 1/2 qt	4. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher. 5. Portion with 8 oz ladle (1 cup).

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	1 lb 13 oz	3 lb 10 oz
Carrots	1 lb 1 1/2 oz	2 lb 2 1/2 oz
Mature onions	1 lb	2 lb
Chicken, whole, without neck and giblets	4 lb 7 oz	8 lb 14 oz
Turkey, whole, without neck or giblets	3 lb 7 oz	6 lb 14 oz

Chicken or Turkey Rice Soup

Meat-Bread Alternate		Soups	H-02A
SERVING:	YIELD:	VOLUME:	
1 cup (8 oz ladle) provides 1/2 oz of cooked poultry and 1/2 serving of bread alternate	50 Servings: about 3 1/4 gal	50 Servings:	
	100 Servings: about 6 1/2 gal	100 Servings:	

Cream of Vegetable Soup

Vegetable

Soups

H-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter or margarine	1 lb	2 cups	2 lb	1 qt	1. Melt butter or margarine. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
Dehydrated onions		1/2 cup	3 1/2 oz	1 cup	
*Celery, chopped (optional)	8 1/2 oz	2 cups	1 lb 1 oz	1 qt	2. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
All-purpose flour	1 lb 1 oz	3 3/4 cups	2 lb 2 oz	1 qt 3 3/4 cups	
Reconstituted nonfat dry milk		2 qt		1 gal	3. Slowly stir in milk, stock, pepper, basil (optional), parsley flakes (optional), and garlic powder. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes.
Chicken stock		2 1/4 qt		4 1/2 gal	
Black or white pepper		1 tsp		2 tsp	
Flaked basil (optional)		1 Tbsp		2 Tbsp	
Parsley flakes (optional)		1/4 cup		1/2 cup	
Garlic powder		1 Tbsp		2 Tbsp	
Assorted cooked and canned, drained vegetables (one or more)	5 lb		10 lb		4. Add vegetables. Cook over medium heat until heated through, 5-10 minutes.
Broccoli					CCP Heat to 165 degrees F or higher for at least 15 seconds.
Carrots					
Corn					
Green Beans					
Mixed vegetables					
Green peas					
					5. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with 8 oz ladle (1 cup).

Cream of Vegetable Soup

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svg	For 100 Svg
Celery	10 1/2 oz	1 lb 4 1/2 oz

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1/4 cup of vegetable	50 Servings: about 3 1/4 gal	50 Servings:
	100 Servings: about 6 1/2 gal	100 Servings:

Nutrients Per Serving					
Calories	166	Saturated Fat		Iron	.8mg
Protein	5g	Cholesterol	21mg	Calcium	78mg
Carbohydrate	18g	Vitamin A	299 RE/2492 IU	Sodium	1,186mg
Total Fat	8g	Vitamin C	4.3mg	Dietary Fiber	
Thiamin	.13mg	Riboflavin	.16mg	Niacin	1.08mg
Phosphorus	88mg	Potassium	215mg		

Vegetable Soup

Vegetable

Soups

H-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or beef stock		1 gal 3 1/2 qt		3 3/4 gal	1. Combine stock, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil.
Canned tomatoes, with liquid, chopped	6 lb 6 oz	1 No.10 can	12 lb 12 oz	2 No. 10 cans	
*Fresh celery, chopped	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 3/4 cup	
Dehydrated onions OR	3 oz	3/4 cup 2 Tbsp	6 oz	1 3/4 cups	
*Fresh onions, chopped	1 lb	2 3/4 cups	2 lb	1 qt 1 1/4 cups	
Black pepper		1 tsp		2 tsp	
Parsley flakes		1/4 cup		1/2 cup	
Garlic powder		2 Tbsp		1/4 cup	
					2. Reduce heat and cover. Simmer for 20 minutes.
Canned liquid pack whole-kernel corn, drained OR	1 lb 1 1/2 oz	1/4 No. 10 can	2 lb 3 oz	1/2 No. 10 can	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Frozen whole-kernel corn	1 lb 1 1/2 oz	3 1/4 cups	2 lb 3 oz	1 qt 2 1/4 oz	
Canned diced carrots, drained OR	1 lb 2 oz	1/4 No. 10 can	2 lb 4 oz	1/2 No. 10 can	
Frozen sliced carrots	1 lb 6 oz	1 1/4 qt	2 lb 12 oz	2 1/2 qt	
Canned cut green beans, drained OR	15 oz	1/4 No. 10 can	1 lb 14 oz	1/2 No. 10 can	
Frozen cut green beans	15 oz	3 1/2 cups	1 lb 14 oz	1 3/4 qt	
Canned green peas, drained OR	1 lb 1 1/2 oz	1/4 No. 10 can	2 lb 2 1/2 oz	1/2 No. 10 can	
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	4. Cover and simmer for 15 minutes, or until vegetables are tender. CCP Heat to 165 degrees F or higher for at least 15 seconds.
					5. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with 8 oz ladle (1 cup).

Vegetable Soup

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	12 1/2 oz	1 lb 8 1/2 oz
Mature onions	1 lb 2 1/2 oz	2 lb 4 1/2 oz

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1/2 cup of vegetable	50 Servings: about 3 1/4 gal	50 Servings:
	100 Servings: about 6 1/2 gal	100 Servings:

Nutrients Per Serving					
Calories	51	Saturated Fat		Iron	0.8mg
Protein	3g	Cholesterol	0mg	Calcium	39mg
Carbohydrate	9g	Vitamin A	156 RE/1830 IU	Sodium	1090mg
Total Fat	1g	Vitamin C	11.5mg	Dietary Fiber	
Thiamin	.06mg	Riboflavin	.06mg	Niacin	.71mg
Phosphorus	44mg	Potassium	258mg		

Beef Vegetable Soup

Vegetable

Soups

H-04A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef stock		1 gal 3 1/2 qt		3 3/4 gal	1. Combine canned beef or cooked ground beef, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil.
Undrained canned beef, fat removed OR	3 lb 3 oz	1 3/4 No. 2 1/2 cans	6 lb 6 oz	3 1/2 No. 2 1/2 cans	
Raw ground beef (no more than 24% fat), browned, drained	2 lb 2 1/2 oz		4 lb 5 oz		
Canned tomatoes, with liquid, chopped	6 lb 6 oz	1 No.10 can	12 lb 12 oz	2 No. 10 cans	
*Fresh celery, chopped	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 3/4 cup	
Dehydrated onions OR	3 oz	3/4 cup 2 Tbsp	6 oz	1 3/4 cups	
*Fresh onions, chopped	1 lb	2 3/4 cups	2 lb	1 qt 1 1/4 cups	
Black pepper		1 tsp		2 tsp	
Parsley flakes		1/4 cup		1/2 cup	
Garlic powder		2 Tbsp		1/4 cup	
					2. Reduce heat and cover. Simmer for 20 minutes.
Canned liquid pack whole-kernel corn, drained OR	1 lb 1 1/2 oz	1/4 No. 10 can	2 lb 3 oz	1/2 No. 10 can	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Frozen whole-kernel corn	1 lb 1 1/2 oz	3 1/4 cups	2 lb 3 oz	1 qt 2 1/4 oz	
Canned diced carrots, drained OR	1 lb 2 oz	1/4 No. 10 can	2 lb 4 oz	1/2 No. 10 can	
Frozen sliced carrots	1 lb 6 oz	1 1/4 qt	2 lb 12 oz	2 1/2 qt	
Canned cut green beans, drained OR	15 oz	1/4 No. 10 can	1 lb 14 oz	1/2 No. 10 can	
Frozen cut green beans	15 oz	3 1/2 cups	1 lb 14 oz	1 3/4 qt	
Canned green peas, drained OR	1 lb 1 1/2 oz	1/4 No. 10 can	2 lb 2 1/2 oz	1/2 No. 10 can	
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	

Beef Vegetable Soup

Vegetable		Soups	H-04A
		4. Cover and simmer for 15 minutes, or until vegetables are tender. CCP Heat to 165 degrees F or higher for at least 15 seconds.	
		5. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher.	
		6. Portion with 8 oz ladle (1 cup).	
Comments: *See Marketing Guide.		Marketing Guide	
		Food as Purchased	For 50 Svgs
			For 100 Svg
		Celery	12 1/2 oz
		Mature onions	1 lb 2 1/2 oz
			1 lb 8 1/2 oz
			2 lb 4 1/2 oz
SERVING:	YIELD:	VOLUME:	
1 cup (8 oz ladle) provides 1/2 oz of cooked lean meat and 1/2 cup of vegetable	50 Servings: about 3 1/4 gal	50 Servings:	
	100 Servings: about 6 1/2 gal	100 Servings:	

Chicken or Turkey Vegetable Soup

Vegetable

Soups

H-04B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock		1 gal 3 1/2 qt		3 3/4 gal	1. Combine stock, chicken or turkey, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil.
Chicken or Turkey, cooked, chopped	1 lb 9 1/2 oz	1 1/4 qt	3 lb 3 oz	2 1/2 qt	
Canned tomatoes, with liquid, chopped	6 lb 6 oz	1 No.10 can	12 lb 12 oz	2 No. 10 cans	
*Fresh celery, chopped	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 3/4 cup	
Dehydrated onions OR	3 oz	3/4 cup 2 Tbsp	6 oz	1 3/4 cups	
*Fresh onions, chopped	1 lb	2 3/4 cups	2 lb	1 qt 1 1/4 cups	
Black pepper		1 tsp		2 tsp	
Parsley flakes		1/4 cup		1/2 cup	
Garlic powder		2 Tbsp		1/4 cup	
					2. Reduce heat and cover. Simmer for 20 minutes.
Canned liquid pack whole-kernel corn, drained OR	1 lb 1 1/2 oz	1/4 No. 10 can	2 lb 3 oz	1/2 No. 10 can	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Frozen whole-kernel corn	1 lb 1 1/2 oz	3 1/4 cups	2 lb 3 oz	1 qt 2 1/4 oz	
Canned diced carrots, drained OR	1 lb 2 oz	1/4 No. 10 can	2 lb 4 oz	1/2 No. 10 can	
Frozen sliced carrots	1 lb 6 oz	1 1/4 qt	2 lb 12 oz	2 1/2 qt	
Canned cut green beans, drained OR	15 oz	1/4 No. 10 can	1 lb 14 oz	1/2 No. 10 can	
Frozen cut green beans	15 oz	3 1/2 cups	1 lb 14 oz	1 3/4 qt	
Canned green peas, drained OR	1 lb 1 1/2 oz	1/4 No. 10 can	2 lb 2 1/2 oz	1/2 No. 10 can	
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
					4. Cover and simmer for 15 minutes, or until vegetables are tender.
					CCP Heat to 165 degrees F or higher for at least 15 seconds.

Chicken or Turkey Vegetable Soup

Vegetable	Soups	H-04B
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	5. Pour into serving pans.
	CCP Hold for hot service at 140 degrees F or higher.
	6. Portion with 8 oz ladle (1 cup).

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	12 1/2 oz	1 lb 8 1/2 oz
Mature onions	1 lb 2 1/2 oz	2 lb 4 1/2 oz

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1/2 oz of cooked poultry and 1/2 cup of vegetable	50 Servings: about 3 1/4 gal 100 Servings: about 6 1/2 gal	50 Servings: 100 Servings:

Thick Vegetable Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium vegetable stock		3 gal		6 gal	1. Pour vegetable stock into steam-jacketed kettle and bring to boil.
Dry pinto beans (see Special Tip)	8 oz	1 1/4 cups	1 lb	2 1/2 cups	2. Add soaked pinto beans, cover, and simmer for 30 minutes.
Dry lentils	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
Pearled barley	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	3. Add lentils, barley, onions, carrots, celery, potatoes, tomato paste, and white pepper. Simmer, covered, for 20-25 minutes.
*Onions, finely diced OR	1 lb	3 1/2 cups	2 lb	1 qt 3 cups	
Dried onions	2 oz	3/4 cup	4 oz	1 1/2 cups	
*Fresh carrots, 1/2" dice	2 lb	1 qt 2 cups	4 lb	3 qt	
*Fresh celery, 1/2" dice	8 oz	3 1/2 cups	1 lb	1 qt 3 cups	
*Fresh white potatoes, peeled, cubed	1 lb	3 cups	2 lb	1 qt 2 cups	
Tomato paste	8 oz	1 cup	1 lb	2 cups	
White pepper		1 tsp		2 tsp	
Frozen corn	1 lb	3 cups	2 lb	1 qt 2 cups	4. Add corn, green beans, and cabbage (optional) and simmer, covered, for 15 minutes.
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
Frozen cut green beans	1 lb	1 qt	2 lb	2 qt	5. CCP Hold for hot service at 140 degrees F or higher.
*Fresh cabbage, shredded (optional)	1 lb	1 qt 1/2 cup	2 lb	2 qt 1 cup	

Comments:

*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Onions	1 lb 2 oz	2 lb 4 oz
Carrots	2 lb 14 oz	5 lb 12 oz
Celery	10 oz	1 lb 4 oz
Potatoes	1 lb 4 oz	2 lb 8 oz
Cabbage	1 lb 3 oz	2 lb 5 oz

Thick Vegetable Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1/4 serving of cooked dry beans, 3/8 cup of vegetable, and 1/2 serving of grains/breads	50 Servings: 28 lb 13 oz 100 Servings: 57 lb 10 oz	50 Servings: 3 gal 1 qt 100 Servings: 6 gal 2 qt

Special Tips:
Garnish with Parmesan cheese.

SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and let stand overnight in a refrigerator. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F or lower within an additional 4 hours.

1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Thick Vegetable Soup

Nutrients Per Serving					
Calories	142	Saturated Fat	.4g	Iron	1.8mg
Protein	9g	Cholesterol	0mg	Calcium	35mg
Carbohydrate	23g	Vitamin A	477 RE/4767 IU	Sodium	86mg
Total Fat	1.8g	Vitamin C	7mg	Dietary Fiber	6g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Cream of Chicken Soup

Meat

Soups

H-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	1. Melt margarine or butter in steam-jacketed kettle. Whisk in flour and cook this mixture for 3 or 4 minutes. Do not brown.
All-purpose flour	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
Chicken stock, non-MSG		2 qt 2 cups		1 gal 1 qt	2. Slowly add chicken stock while continuously whisking. Simmer until smooth and thickened, not above 180 degrees F.
Lowfat milk or reconstituted nonfat dry milk		2 gal 1 qt		4 gal 2 qt	3. While soup is cooking, heat the lowfat milk.
Frozen cooked chicken, diced, thawed	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	4. Slowly add hot lowfat milk, chicken, and seasoning. Simmer for 15 to 20 minutes, not above 180 degrees F, to prevent curdling. CCP Heat to 165 degrees F or higher for at least 15 seconds.
White pepper		2 tsp		1 Tbsp 1 tsp	5. CCP Hold for hot service at 140 degrees F or higher.
Salt (optional)		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1 oz of cooked poultry	50 Servings: 26 lbs	50 Servings: 3 gal 1 cup
	100 Servings: 52 lbs	100 Servings: 6 gal 2 cups

Special Tip:
For a thicker soup, in Step 4 add a cornstarch-water mixture (1/2 cup of water and 1/4 cup of cornstarch for each 50 servings).

Cream of Chicken Soup

Nutrients Per Serving					
Calories	202	Saturated Fat	2.9g	Iron	.8mg
Protein	15g	Cholesterol	31mg	Calcium	226mg
Carbohydrate	14g	Vitamin A	178 RE/607 IU	Sodium	470mg
Total Fat	9.5g	Vitamin C	1mg	Dietary Fiber	0g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Minestrone

Meat Alternate-Vegetable-Grains/Breads

Soups

H-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 cup		2 cups	1. Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Onions, diced OR	9 oz	1 3/4 cups	1 lb 2 oz	3 1/2 cups	
Dried onions	1 oz	1/4 cup 1 Tbsp	2 oz	1/2 cup 2 Tbsp	
*Fresh carrots, diced	1 lb 6 oz	1 qt 1/2 cup	2 lb 12 oz	2 qt 1 cup	
*Fresh cabbage, minced	6 oz	1 2/3 cups	12 oz	3 1/3 cups	
*Fresh celery, chopped	8 oz	1 3/4 cups	1 lb	3 1/2 cups	
*Zucchini, chopped (optional)	8 oz	1 3/4 cups	1 lb	3 1/2 cups	
Beef stock, non-MSG		3 gal		6 gal	2. Add beef stock, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.
Tomato paste	8 oz	1 cup	1 lb	2 cups	
Canned tomatoes, chopped	8 oz	1 cup	1 lb	2 cups	
Black pepper		1 tsp		2 tsp	
Dried oregano		1/4 tsp		1/2 tsp	
Dried parsley		1/2 tsp		1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Marjoram (optional)		1/8 tsp		1/4 tsp	
Canned white beans	4 lb	2 qt 2 1/2 cups	8 lb	1 gal 1 qt 1 cup	3. Add beans and macaroni. Continue simmering for 20 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Elbow macaroni	11 oz	2 cups	1 lb 6 oz	1 qt	
					4. CCP Hold for hot service at 140 degrees F or higher.

Comments:

*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Onions	11 oz	1 lb 5 oz
Carrots	2 lb	4 lb
Cabbage	7 oz	14 oz
Celery	10 oz	1 lb 4 oz

Minestrone

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1/8 cup of cooked beans, 1/4 cup of vegetable, and 1/4 serving of grains/breads	50 Servings: 23 lb 10 oz 100 Servings: 47 lb 4 oz	50 Servings: 3 gal 2 qt 100 Servings: 7 gal

Special Tip:
Garnish with Parmesan cheese

Nutrients Per Serving					
Calories	118	Saturated Fat	.1g	Iron	2.5mg
Protein	9g	Cholesterol	0mg	Calcium	64mg
Carbohydrate	20g	Vitamin A	331 RE/3309 IU	Sodium	93mg
Total Fat	.5g	Vitamin C	5mg	Dietary Fiber	3g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			